**The Social Dilemma Q And A**

Written by Sarthak Nadkarni

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1. What do you look at or use the most when using your phone? List the possible apps.

* Google Chrome
* Social Media like Instagram, Tik Tok, Snapchat, WhatsApp, Discord, etc.
* Mobile Games like Geometry Dash, Clash of Clans, Among Us, etc.
* YouTube or Netflix
* Listening to Music Apps like Play Music
* Weather Network
* Gmail

1. Do you find yourself unconsciously checking your phone / certain apps? What emotions seem to trigger this behavior?

Overall, in my opinion, yes, I find myself checking my phone constantly whether it is social media and stuff like if I post a photo or a meme on Instagram, I might just check constantly just to see if my friend has sent any notification or if I am getting any followers. Usually, the emotions that trigger this type of behavior are addiction, eagerness, impatience, and much more. They affect it because when you send a post and you are waiting for your friend to respond, you are just ready to what he or she will say and once that happens, then you are going to keep responding back for possibly a long period of time without you even knowing it.

1. *A 5000-person study found that higher social media use correlated with self-reported declines in both mental and physical health and overall life satisfaction (American Journal of Epidemiology, 2017).* Do you feel that social media brings more joy to your life? To what degree have you experienced negative feelings because of something on social media/the internet? Give examples.

In my opinion, that depends. There are pros and cons if social media brings more joy. One pro is that you can easily communicate like posting comments and get information of having social media and entertain each other with pictures and memes like SpongeBob memes and whatever, but however, there are some drawbacks of social media bringing more joy to your life. One major drawback is that say for example you want to date someone in which you really adore, but then they reject you and date someone else. This would be a sign of sadness and depression, so therefore the main con is that you do not get to interact with the real world like in person conversations. Once that happens, you will just sit there looking at the photo in a horrible condition without even thinking about any other valuable things in life like school, sleep, health, etc.

1. Has this documentary made you see or view the use of using your phone differently? Is there something you will now do or think about differently? Give examples.

After watching this documentary, I think the view of using my phone has changed. It has changed because the founders of Google, or any Social Media company like Facebook, Snapchat, or Instagram will track exactly how much time (In hours, minutes, seconds, and milliseconds) you spend on your phone saying that whether you are super addicted to your phone, or you are using your phone properly. Another thing they will track is how appropriate you are to your friends. They will also keep track of what you are saying and what are your real reactions to other people on social media. After watching this, if I am upset regarding something on social media, I should not swear to other people. In fact, they will track that, and I could possibly get caught. Another thing that they will keep track of the photos and videos you take depending on how appropriate they are and especially how long you view them too. This means if I flex on my super expensive Gucci sweater, they will track that too and the person who is viewing it.